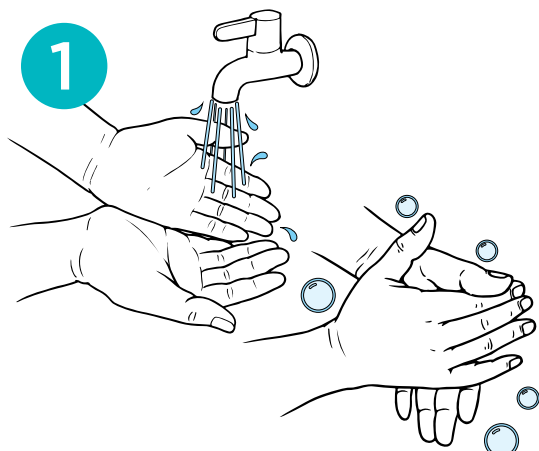


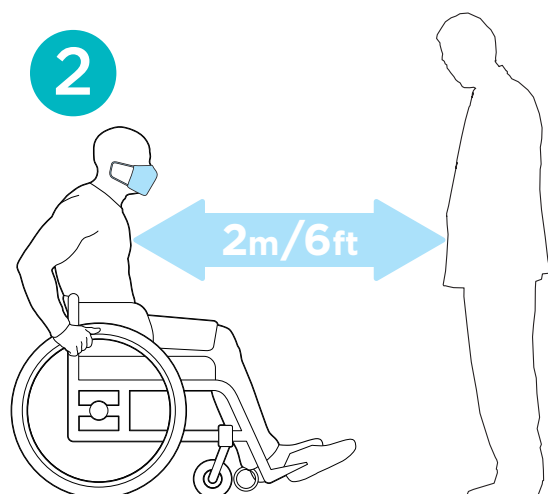
COVID-19

Precautions for Wheelchair Users and Caregivers

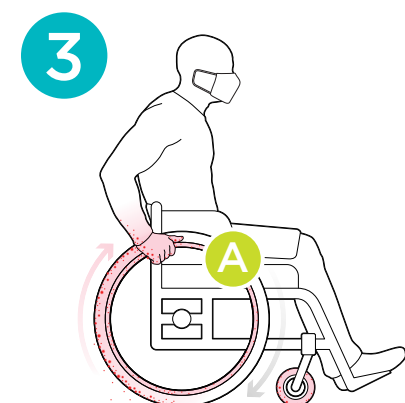
FREE
WHEELCHAIR
MISSION



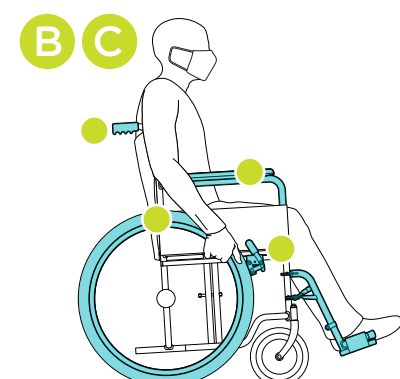
Wash your hands with soap and water, or an alcohol-based rub, for 20-30 seconds.



Wear a mask and keep at least 2 meters (6 feet) away from anyone coughing or sneezing.



Touch only the hand rims when using your wheelchair, and wash your hands and wrists afterwards.



These surfaces on your wheelchair require special attention when cleaning/disinfecting.

COVID-19 is a type of coronavirus that spreads easily through droplets from the nose or mouth of someone who has the virus. Common signs of the virus are fever, dry cough, and breathing problems, but not all people that carry COVID-19 show these signs.

You can help protect yourself and the people around you from the virus by following these tips:

- 1 Wash your hands:** Use soap and water or an alcohol-based rub for 20-30 seconds. Those who help you move around or get in/out of a wheelchair should also wash their hands before and afterwards.
- 2 Consider wearing a face mask:** If a medical mask is unavailable, use another fabric covering over your nose and mouth, making sure you can breathe comfortably.
- 3 Unique precautions for wheelchair users:**
 - A Avoid touching the tires:** Your tires can be contaminated by everything they touch, everywhere that you go.
 - B Keep your wheelchair clean.** Regularly wipe down the solid surfaces of your wheelchair with soap and water or with a disinfecting spray of bleach diluted in water. (Use two tablespoons of chlorine per one liter of water.)
 - C Pay special attention to tires, hand rims, push handles, brakes, and arm rests.** Be sure to grease the metal parts of your wheelchair to prevent rust.

Please consult your doctor or local health care professional for more information.

By doing these activities, we can slow the spread of the virus and promote a safer, healthier environment for you and your family.

References:

www.who.int/news-room/q-a-detail/q-a-coronaviruses

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